



## THE TRUTH ABOUT FAD DIETS

Fad diets promise quick weight loss making them hard to resist, but in reality, these diets are unsuccessful and unhealthy. A fad diet may help you lose weight in the short term (or very short term), but they are unrealistic for individuals looking to achieve and maintain a healthy weight.

Fad diets are everywhere and often take form in a low-fat, low-carbohydrate, high-protein or liquid-only diet, or they focus on one particular food item altogether, such as the grapefruit. Unfortunately, each of these diets lack major nutrients and vitamins necessary to your health, and by depriving your body of vital nutrients you are increasing your risk of developing health problems later in life.

In addition to being unhealthy, fad diets result in rapid weight gain once the diet is stopped. This is because none of these diets teach you how to eat right. So rather than waste your time with an unhealthy diet, change your eating habits to incorporate balance into your meals. A balanced diet will help you shed pounds in a healthy, long lasting way.

In conclusion, fad diets only offer a temporary solution eventually leaving you unsatisfied in your weight loss goal. That being said, here are some ways to help you identify a fad diet before you buy in to it. If the diet does any of the following things, it is most likely a fad diet:

- Restricts certain types of foods, while encouraging you to eat more of another type of food.
- Forces you to eliminate one or more of the five food groups.
- Claims that weight loss is quick and rapid, without the need of exercise.
- Promotes miracle foods that burn fat.
- Has a rigid menu with a list of foods that must be eaten at a specific time of the day or in a specific combination.
- Asks you to completely cut fat, sugar or carbs from your diet.
- Requires that you take special pills, powders or herbs.

*DON'T FORGET TO STRETCH!*